



food
network

Devil Crab Rolls

 Dairy Free

READY IN



150 min.

SERVINGS



10

CALORIES



617 kcal

Ingredients

- ☐ 1 bay leaf
- ☐ 1 tablespoon pepper black
- ☐ 2 pounds bread stale cut into cubes
- ☐ 1.5 pounds bread crumbs plus more for breading
- ☐ 1 stalk celery chopped finely
- ☐ 1 teaspoon crab boil seasoning
- ☐ 1 pound crab meat cleaned
- ☐ 4 ounces crab meat picked over cleaned for shells
- ☐ 1 teaspoon garlic powder

- ☐ 0.5 ounce garlic salt
- ☐ 2 ounces hot sauce
- ☐ 10 servings oil for frying
- ☐ 1 small onion chopped finely
- ☐ 0.5 teaspoon chile flakes red
- ☐ 1 teaspoon salt
- ☐ 2 ounces salt
- ☐ 4 ounces tomato purée
- ☐ 8 ounces tomatoes crushed
- ☐ 2 quarts water
- ☐ 2 medium onions yellow chopped finely

Equipment

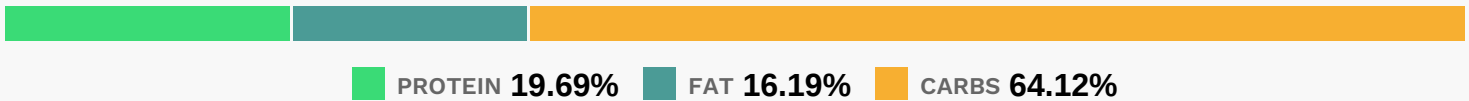
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ pot

Directions

- ☐ In a large bowl, place the cubed stale bread.
- ☐ Pour the water over and let soak for 10 minutes.
- ☐ Sprinkle the salt, garlic salt, black pepper, red chile flakes, crab boil seasoning, chopped celery, and chopped onions. Using your hands, combine all the ingredients together into a homogenized mixture. Set aside so the flavors blend.
- ☐ In another large bowl, combine the bread crumbs, crab meat, and crab sauce.
- ☐ Mix into a homogenous blend.
- ☐ Take a small handful of the bread mixture and using your thumb or finger, press out a hole. Take a small scoop, about 1 1/2 ounces, of the crab mixture and place it into the hole. Bring the bread mixture around the crab mixture, forming a patty. Set aside on a sheet pan lined with parchment paper, or a large platter. Continue making patties until all of the mixtures are used.

- ☐ In a large skillet, pour 1 1/2 inches of oil into the pan.
- ☐ Heat the oil to 375 degrees F., or until a small piece of the bread mixture sizzles and bubbles when placed in the oil.
- ☐ Place patties in the pan, being careful not to crowd them. Fry until golden on 1 side, about 3 to 4 minutes, and then flip over and fry until golden on the other side.
- ☐ Note: This recipe was provided by professional chefs, and therefore may be difficult to reproduce in the home.
- ☐ In a large sauce pot, combine all the ingredients. Cook over medium heat, at a simmer, for 30 minutes. Chill the sauce before using.

Nutrition Facts



Properties

Glycemic Index:21.97, Glycemic Load:24.32, Inflammation Score:-8, Nutrition Score:36.276086620663%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 617.48kcal (30.87%), Fat: 11.05g (17%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 98.45g (32.82%), Net Carbohydrates: 90.3g (32.84%), Sugar: 12.34g (13.71%), Cholesterol: 23.81mg (7.94%), Sodium: 4579.41mg (199.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.24g (60.48%), Manganese: 1.93mg (96.74%), Selenium: 64.43µg (92.04%), Vitamin B12: 5.34µg (89.02%), Vitamin B1: 1.09mg (72.93%), Vitamin B3: 10.74mg (53.7%), Copper: 0.96mg (48.19%), Folate: 186.91µg (46.73%), Iron: 7.67mg (42.62%), Phosphorus: 378.09mg (37.81%), Zinc: 5.52mg (36.8%), Vitamin B2: 0.57mg (33.28%), Fiber: 8.15g (32.6%), Calcium: 295.29mg (29.53%), Magnesium: 108.84mg (27.21%), Vitamin B6: 0.37mg (18.73%), Vitamin C: 13.98mg (16.95%), Potassium: 569.61mg (16.27%), Vitamin K: 16.64µg (15.85%), Vitamin B5: 1.49mg (14.94%), Vitamin E: 1.3mg (8.64%), Vitamin A: 188.56IU (3.77%)